



State of Wyoming  
Wellness Program

# 10,000 Steps A Day Program



WOW—Wyoming on Wellness



***Always consult your primary-care physician when  
beginning any kind of exercise regimen.***

## INTRODUCTION

Employees' Group Insurance has outlined a standard 10,000 step program for your use. This program is to help you get motivated and get moving.

It is recommended that most individuals should fit 30 to 60 minutes of dedicated walking (or other exercise) into their day at least 3 to 4 days a week. You can start with as little as ten minutes a day and then gradually increase.

### Using your pedometer

Wearing a pedometer is an easy way to track your steps each day. You can start by wearing the pedometer every day for one week; put it on when you get up in the morning and wear it until bed time. Record your daily steps. By the end of the week you will know your average daily steps.

### Congratulations!

You are about to take control and help yourself get fit, improve your energy level, reduce stress and improve your overall health—and lose weight! This plan will be easy, it doesn't cost a lot, and you know how to do it! You are about to walk your way to feeling great.



### Walk this way...

There are many ways to increase your daily steps. Use your imagination and come up with your own list:

- 👍 Take a walk with your spouse, child, or friend
- 👍 Walk the dog
- 👍 Use the stairs instead of the elevator – when possible
- 👍 Walk over to visit a neighbor instead of the phone or e-mail
- 👍 Park farther from the store
- 👍 Better yet, walk to the store

## How many steps do you walk each day?

Maybe you have heard the recent guidelines about walking 10,000 steps per day. How far **is** 10,000 steps anyway? The average person's stride length is approximately 2.5 feet long. It takes just over 2,000 steps to walk one mile, and 10,000 steps is close to 5 miles.

A sedentary person may only average 1,000 to 3,000 steps a day. For these people adding steps has many health benefits.

A reasonable goal for most people is to increase average daily steps each week by 500 per day until you can average 10,000 per day. **Example:** If you currently average 3000 steps each day, your goal for week one is 3500 each day. Your week 2 goal is 4000 each day. Continue to increase each week and you should be averaging 10,000 steps by the end of 14 weeks.



## WATER INTAKE

Be sure to drink plenty of water before, during, and after walking.

Water keeps you hydrated, which helps your body carry oxygen and nutrients to your organs. It protects you from overheating and helps increase your energy level.

Try and drink a cup of water 10 to 15 minutes before you walk and carry a water bottle with you while you are walking.

Drink plenty of water all day long to maintain hydration and to boost energy. Water will also help you feel full during the day, which will help you eat less!

## BEGINNING A FITNESSWALKING PROGRAM

Where do I start? It's easy! Walking is one of the easiest and most profitable forms of exercise. All you need is a good pair of shoes, comfortable clothing, and desire.

**How to start:** Start out slow and easy. Just walk out the door. For most people this means head out the door, walk for 10 minutes, and walk back. Do this every day for a week. If this was easy for you, add five minutes to your walks next week (total walking time 25 minutes). Keep adding 5 minutes until you are walking as long as desired.



**WATCH** your posture. Walk tall. Think of elongating your body. Hold your head up and eyes forward. Your shoulders should be down, back and relaxed. Tighten your abdominal muscles and buttocks and fall into a natural stride.

### What is considered a good fitness walking pace?

An average fitness walking pace is close to a 15 minute mile. But, a good pace will vary depending on your fitness level, walking technique, walking goals, and terrain. For general fitness walking you should walk at a pace that increases your heart rate, and you can maintain for 30 to 60 minutes. Use the talk test... if you can't speak without gasping for air you are walking too fast. If you are walking slow enough that you can carry a tune you are probably walking too slow.

If you are walking for weight loss you should walk a minimum of five days a week, 45 to 60 minutes at a brisk pace.

Once you can comfortably walk for 30 to 60 minutes 5 to 6 days a week you may want to put more "umph" or speed into your routine.

Enclosed on page six is an easy to follow schedule to get you walking 60 minutes in 12 weeks.

*Notice: If you're new to walking, start off with slow, short sessions and build your way up gradually.*

10,000 Steps Program — Four Week Tracker				
Name:		Start Date:		End Date:
	Week 1	Week 2	Week 3	Week 4
Monday				
Thursday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Add Daily Averages and divided by 4 for Four Week Daily Average:				

*Weekly  
Tracker*

Logging your footsteps is an important step to insure your consistency. Use this weekly tracker for logging your steps. When you complete a week, add up your total footsteps and calculate your Daily Average in the space on the form. Copy the enclosed log for more copies to continue your program.

## 12 WEEK BEGINNER SCHEDULE

Having a hard time getting started ... here is an easy to follow beginner schedule that starts with 15 minute walks and will have you walking 60 minutes in 12 weeks. Warm up and cool down time are included in the scheduled minutes. Be sure to stretch after your walks.



WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1	15 min	15 min	20 min	15 min	20 min	15 min	20 min
2	15 min	20 min	20 min	15 min	20 min	15 min	25 min
3	15 min	25 min	20 min	15 min	25 min	20 min	25 min
4	20 min	30 min	20 min	20 min	25 min	20 min	30 min
5	20 min	30 min	30 min	20 min	30 min	20 min	35 min
6	25 min	30 min	30 min	25 min	30 min	25 min	40 min
7	25 min	30 min	40 min	30 min	30 min	30 min	40 min
8	25 min	30 min	40 min	30 min	40 min	30 min	50 min
9	30 min	40 min	40 min	30 min	40 min	40 min	50 min
10	30 min	40 min	50 min	30 min	50 min	40 min	50 min
11	40 min	40 min	50 min	40 min	50 min	40 min	50 min
12	40 min	40 min	60 min	40 min	60 min	40 min	60 min

## CONSISTENCY

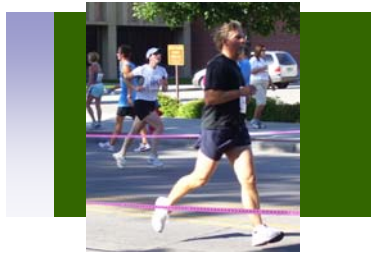
Consistency is key in creating a new habit, so be sure that you exercise at least 5 days a week.

The starting day for this schedule may be changed to suit your needs. Just try to keep your easy and harder days in the same order. If you are particularly tired one week, don't increase your time... just stick with the last week's schedule.

It's ok to take a day off once a week or choose a day to cross-train. Choose one of the lighter days (Sunday or Wednesday) for this. A workable schedule is Sunday off, and cross-training on Wednesday. As a beginner you may want to get the walking habit down before you add cross-training to your routine.

It is natural to feel a little tired or have a few muscle aches when beginning a fitness program.

Do not let this keep you from walking. On the other hand if you are in pain it may be best to take a day of rest. If the pain continues see a physician.



## What is Cross-training?

Cross-training refers to the combining of exercises to work various parts of the body. After months of the same movements your body becomes extremely efficient performing those movements. That limits the amount of overall fitness you are actually getting. Add in some push ups or crunches, free weights and stretching. Try a Yoga class or water aerobics to add something different to your routine.

The toughest thing about starting a fitness program is developing a habit. Walking daily will help (a minimum of 5 days a week is a good goal). You should walk fast enough but you should not be gasping for air.

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<http://wow.wyoming.gov>

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## Attitude Check

Remember that you are doing this for yourself!! A consistent walking plan will help you achieve and maintain weight loss, lower blood pressure, burn calories, energize you and keep your spirits lifted.

Sometimes you hit plateaus, just stick with your program but kick it up by walking further or faster or even try jogging for part of your workout.

Reward yourself when you achieve your goals. Treat yourself to new socks, walking shoes or even a day at a spa! Be creative and make it special to you! Get up, get moving and above all, have fun!!



**FOR ADDITIONAL FITNESS IDEAS GO TO:**

**<http://wow.wyoming.gov>**



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